

PRESCHOOL/YOUTH ACTIVITIES

FALL 2009 PRESCHOOL EARLY REGISTRATION

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (#10028)

Fee: \$139R/\$149NR/\$117M

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (#10026)

B. Tue./Thu., 1:00-3:30 p.m. (#10027)

Fee: \$167R/\$177NR/\$141M

Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (#10030)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (#10029)

Fee: \$239R/\$249NR/\$203M

A \$25 (non-refundable) deposit is due at time of registration. Registration for returning students begins at 8 a.m. February 10 (FC members); February 12 (non-members); and March 2 for new students.

For details call 657-5635, ext.112

Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes)

Yoga can be fun to do with your toddler. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Bring yoga mats.

Session I: Thurs., 10:15-11 a.m., Apr. 2-May 7 (#10168)

Session II: Thurs., 10:15-11 a.m., May 14-June 18 (#10169)

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$58M

Smurfs Soccer Clinic (Ages 3½-5) w/Ricardo (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Some parent participation expected. Must be age 3 as of 9/1/08.

A. Tues., 5:15-6 p.m., Mar. 24-Apr. 14 (#10035)

B. Tues., 6:05-6:50 p.m., Mar. 24-Apr. 14 (#10032)

D. Tues., 5:15-6 p.m., Apr. 28-May 19 (#10033)

E. Tues., 6:05-6:50 p.m., Apr. 28-May 19 (#10034)

Location: Friendship Center, Gym #3

Fee: \$45R/\$48NR/\$38M

Tae Kwon Do for Tots (Ages 4-5) (6 classes)

Develop coordination, motor skills, listening skills, focus, leadership, following directions and fun discipline.

Dates: Thurs., 10-10:45 a.m., Apr. 2-May 7

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$32R/\$37NR (#10142)

T-Ball Clinic (Ages 3-6) (6 classes)



Learn the basic skills of the sport.

Dates: Thurs., 4:30-6 p.m., Apr. 2-May 7

Location: Friendship Center, Gym #3

Fee: \$113R/\$118NR/\$95M (#10235)

Baton Twirling (Ages 3-5) (8 classes)

Learn the basics of twirling. Have fun and improve eye hand coordination, memory, flexibility, following directions and team work.

Dates: Fri., 9:30-10:15 a.m., Apr. 3-May 29

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M (#10173)

Child Runway w/Fashion Mystique Modeling & Beauty Salon (Ages 4-6) (4 classes)

Learn the fundamentals of runway/or pageant preparation including proper posture, projection and three basic turns.

Dates: Weds., 5-6 p.m., Apr. 1-Apr. 22

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10299)

Intro to Tae Kwon Do (Ages 5-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., Mar. 31-May 5

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#10141)

Starters Soccer Camp w/Ricardo (Ages 3½-6) (4 classes)



Outdoor instructional clinic with age-appropriate skills, drills and games. Water bottle included.

A. Tues./Thur., 5:15-6 p.m., June 9-18 (#10058)

B. Tues./Thur., 6:05-6:50 p.m., June 9-18 (#10059)

Location: Friendship Center, Field #1

Fee: \$57R/\$60NR/\$48M

Pee Wee Golf (Ages 4-7) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sun., 12-12:30 p.m., May 3-31 (#10202)

Sat., 12:30-1 p.m., May 30-June 20 (#10203)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Pee Wee Tennis (Ages 5-7) (4 classes)

A. Sat., 9:15-10 a.m., May 2-23 (#10163)

B. Sat., 9:15-10 a.m., June 6-27 (#10164)

Location: Brightbill Park

Fee: \$36R/\$39NR

YOUTH AND TEEN

Roller Skating (Ages 5+) (6 classes)

Learn to roller skate. Class includes lesson/instruction, skate rental and participant's practice time (additional time after lesson during open skate time).

Dates: Wed., 5-6:15 p.m., Apr. 1-May 6 (#10193)

OR-Sat., 11 a.m.-12:15 p.m., Apr. 4-May 9 (#10194)

Location: Wheelz Of Fire Skating Rink, 7500 Derry St.

Fee: \$65R/\$70NR

Baton Twirling (Ages 6+) (8 classes)

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Ages 6-9: Weds, 4:30-5:15 p.m., Apr. 1-May 27 (#10170)

Ages 10-12: Weds, 5:15-6 p.m., Apr. 1-May 27 (#10171)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$45M

Doodle Art (Ages 6-8) (4 classes)

Make face paint, create a funny mask, make a puppet and get into clay in this active art class. Something new and fun each week.

Dates: Thurs., 4-5 p.m., Apr. 30-May 21

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (#10268)

Under The Sea (Ages 6-8) (4 classes)

Explore waves, bubbles, water, sand, shells, whales, turtles and sharks through imaginative arts/crafts activities. Discover what sinks and floats, learn how sand is made, make shark tooth necklaces, and try out sand painting. Dive into the fun!

Dates: Thurs., 4-5 p.m., Apr. 2-23

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (#10269)

Squirts Soccer Clinic w/Ricardo (Ages 6-10) (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Small-sided intramural league focused on fun.

A. Tues., 6:55-7:40 p.m., Mar. 24-Apr. 14 (#10036)

B. Tues., 6:55-7:40 p.m., Apr. 28-May 19 (#10037)

Location: Friendship Center, Gym #3

Fee: \$45R/\$48NR/\$38M

Strikers Soccer Camp w/Ricardo

(Ages 7-10) (4 classes)

Outdoor instructional clinic with age-appropriate skills, drills and games. Water bottle included; bring shinguards.

Dates: Tues./Thur., 6:55-7:40 p.m., June 9-18

Location: Friendship Center, Field #1

Fee: \$57R/\$60NR/\$48M (#10055)

Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

Dates: Wed., 4:15-5:15 p.m., Apr. 1-May 6

Location: ABC Bowling Lanes, Locust Lane

Fee: \$35R/\$40NR (#10192)

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, 1-2:30 p.m., March 21

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#10270)

Jr. Beginner Tennis w/CPTS (Ages 8-10) (4 classes)

Dates: Sat., 10-11 a.m., May 2-23 (#10214)

Sat., 10-11 a.m., June 6-27 (#10215)

Location: Brightbill Park

Fee: \$36R/\$39NR

Jr. Advanced Tennis w/CPTS (Ages 11-15) (4 classes)

Dates: Sat., 11-12 p.m., May 2-23 (#10166)

Sat., 11-12 p.m., June 6-27 (#10167)

Location: Brightbill Park

Fee: \$36R/\$39NR

Junior Golf (Ages 8-17) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 1-2 p.m., Apr. 18-May 9 (#10207)

Fri., 4-5 p.m., May 15-June 12 (#10206)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Learn to Skate Hockey (Ages 5-9)

Four weeks of practice emphasizing fun and skill development for the beginning hockey player. Equipment required. Great starting class.

Session I: Sat., 10 a.m./Tues. 6 p.m., Apr. 25-May 19 (#10182)

Session II: Sat., 10 am/Tues 6 pm, May 30-June 23 (#10183)

Location: George Park In-Line Rink

Fee: \$45R/\$50NR (Includes \$10 USA In-line fee)

Dodgeball Fitness Clinic w/Ricardo (Ages 7-13) (3 classes)

High-cardio workout while playing this PE class favorite.

Ages 7-9: Thur, 5:15-6:00 p.m., Mar. 12-26 (#10056)

Ages 10-13: Thur., 6:00-6:45 p.m., Mar. 12-26 (#10057)

Location: Friendship Center, Gym #2

Fee: \$39R/\$42NR/\$33M

YOUTH AND TEEN (CONT.)

Youth Exercise w/Bentz (Ages 7-12) (8 classes)

General fitness, weight management and sports related exercise consultation. Unique program designed by trainer/P.E. teacher.

Date: Weds. (3-3:30 p.m.) & Sat. (10-10:30 a.m.), Apr. 1-25

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$70R/\$75NR (#10238)

Teen Athletic Enhancement/Peak Performance Conditioning w/Bentz (Ages 13-18) (12 classes)

New and innovative sports conditioning program with professional strength, conditioning coach and FC Personal Trainer.

Dates: Mon., Wed., Fri., 4-4:45 p.m., Mar. 30-Apr. 24

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$100R/\$105NR (#10241)

In-Line Hockey League (Ages 8+)

New this year, Sat. and/or Sun. afternoon games beginning in April. Register as a team or individual. Deadline is March 20 at 5 p.m. Registration forms available at the Parks and Recreation Office.

Divisions:

10 & Under (must be 6), 14 & Under, 17 & Under.

Location: George Park In-Line Hockey

Fee: \$60R/\$66NR/Goalies Free (Must show USA In-Line Membership Card # when registering).

Practice clinics:

Mondays at 5:30 p.m. (12 & under) and Thursdays at 5:30 p.m. (18 & under). Clinics will cover skating, stick handling, shooting. The fee for clinics will be \$5 per person. Call for detailed schedule.

Brightbill Basketball League (Ages 8-17)

Weekday evenings May through August. Deadline for registration of teams or individuals is Friday, April 3 at 5 p.m. Registration forms available at Parks and Recreation Office between 8 a.m.-5 p.m.

Location: Games at Brightbill and Koons Park

Fee: Per player-\$50R/\$55NR

Health & Wellness For Children w/Eileen Badman (Ages 8-15/Families)

The State of Pa. has mandated a health initiative for your children. Learn more on how to implement eating habits in your family. Families welcome.

Date: Monday, March 23, 7-8:30 p.m.

Location: Friendship Center, Room 106

Fee: \$20R/\$23NR/\$18M (#10283)

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Fri., 6-9 p.m., April 17-May 1, plus date for test and manikins* (#10050) Room 112

B. Sat., 9 a.m.-noon, April 18-May 2, plus date for test and manikins* (#10051) Room 109

***Both A and B class test Fri., May 8, 7-8:30 p.m.**

Location: Friendship Center

Fee: \$52R/\$58NR/\$44M

Small Group Personal Training Sessions w/Karen & Lori (4 sessions)

Personal training in a small group setting for the female athlete.

Dates: TBA

Location: Friendship Center, Fitness Center

Fee: \$78R/\$81NR/\$65M (#10217)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, March 28, 9 a.m.-12:45 p.m. (#10158)

Location: Friendship Center, Room 106

Fee: \$5R/\$8NR/Free to Members! Must pre-register

Biddy Basketball (Ages 5-7) (8 classes)

An instructional program with mini-games each week. Previously part of the Brightbill Program.

Dates: Tues., 6 p.m., June 2-July 21 (#10145)

-OR- Tues., 7 p.m., June 2-July 21 (#10146)

Location: Friendship Center, Gym #3

Fee: \$48R/\$51NR/\$40M (Includes shirt)

Spring Lacrosse Clinic (Ages 6-14) (6 classes)

Learn the technique of stick handling, passing, shooting, cradling and strategy.

Ages: 6-9

Dates: Sat., 1-2:30 p.m., Apr. 4-May 9 (#10248)

-OR- Wed., 5:15-6:45 p.m., Apr. 1-May 9 (#10249)

Ages: 10-14

Dates: Sat., 1-2:30 p.m., Apr. 4-May 9 (#10251)

-OR- Wed., 5:15-6:45 p.m., Apr. 1-May 9 (#10250)

Location: Friendship Center, Gym #3

Fee: \$113R/\$118NR/\$95M

YOUTH AND TEEN

Homeschool Art Blitz w/Janice Radocha (6 classes) NEW

Special program for art requirements. Covers many aspects of art from history to hands on art training. Learn to sketch, draw, transfer, charcoal, pastels, arts and crafts, clay and painting.

Dates: Wed., 10:30-12 p.m., Apr. 1-May 6

Location: Friendship Center, Room 112

Fee: \$77R/\$85NR/\$65M (#10293)



SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.

To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA

**Attn: Therapeutic Recreation Department
2201 S. Queen Street
York, PA 17402**

**For additional information, please go to
www.eastersealscentralpa.org
or contact Alli Morey at 591-7027 ext. 5386.**

"Splash It Up" (All Ages)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

Dates: Thurs., 6-6:30 p.m., April 2-May 7 (#9886)

Thurs., 6:30-7 p.m., April 2-May 7 (#9887)

Thurs., 7-7:30 p.m., April 2-May 7 (#10181)

Location: Friendship Center, Leisure Pool

Fee: \$80 per person

***Hearing impaired swim: see page 18.**

AEROBIC/FITNESS/DANCE

Body Pump (Ages 16+) NEW

New! Exciting! Body Pump comes to the Friendship Center. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-60 min.)

*Mon., 7:30-8:30 p.m., Mar. 30-June 8 (#10155)

Wed., 7:15-8:15 p.m., Apr. 1-June 3 (#10156)

Thurs., 4:30-5:30 p.m., Apr. 2-June 4 (#10150)

Sun., 12-1 p.m., Mar. 29-June 7 (#10148)

Sat., 9:15-10:15 a.m., Apr. 4-June 13 (#10149)

Location: Friendship Center, Room 118 (*East Annex)

Fee: 1/week (60 mins.) — \$44R/\$48NR/\$37M

Dates: (2 days per week) (20 classes-45/60 min.)

Mon./Wed., 5:40-6:30 a.m., Mar. 30-June 8 (#10151)

Fee: 2/week (45 mins.) — \$62R/\$67NR/\$54M

Mon./Wed., 9:30-10:30 a.m., Mar. 30-June 8 (#10153)

Fee: 2/week (60 mins.) — \$79R/\$82NR/\$67M

Location: Friendship Center, Room 118

Dates: (1 day per week) (10 classes-45 min.)

Fri., 5:40-6:30 a.m., Apr. 3-June 12 (#10152)

Location: Friendship Center, Room 118

Fee: 1/week (45 mins.) — \$32R/\$37NR/\$27M

Les MillsTaster Presentation FREE! FREE! FREE!

One day "sampler" class of 4 new potential programs at the Center and its FREE w/Master Trainers!

Sunday, March 22, 2009, 12-2 p.m. (#10278)

Features: Body Combat, Body Attack, Body Flow (bring yoga mat) and Body Jam.

Each form will be 1/2 hour. Participate in all 4 or pick your favorite. Space limited-must preregister!

Zumba™ (Ages 16+) NEW

New! Exciting! A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

Intro to Zumba (Ages 16+) NEW

A one day intro class. Free! Must pre-register. Max: 30.

Date: Tuesday, March 24, 6:30-7:30 p.m. (#10272)

-OR- Thursday, March 26, 6:30-7:30 p.m. (#10273)

Location: Friendship Center, Room 118

Fee: Free to first 30 pre-registrants.

Zumba w/Monica (Ages 16+) (10 classes) NEW

Date: Tues., Mar. 31-June 2, 6:30-7:30 p.m. (#10274)

-OR- Thursday, Apr. 2-June 4, 6:30-7:30 p.m. (#10275)

Location: Friendship Center, Room 112

Fee: \$32R/\$37NR/\$26M